



1700

APR 14 2008

MEMORANDUM

From: B. J. Marvin, CAPT
CG TRACEN Petaluma

Reply to: f-mwr
Attn of: Robert L. Sturla
707-765-7348

To: Distribution

Subj: 5TH ANNUAL USCG NORCAL MINI-TRIATHLON

1. This notice announces the 5th Annual USCG NorCal Mini-Triathlon. The event will be held on **Saturday, 14 June 2008 at 0900**. The race will consist of a 1/4 mile pool swim, 10-mile bike ride and 2-mile run. The entire race will be held within the confines of TRACEN Petaluma and will be executed in four waves of 12 participants. The transition area will be the MWR Town Center parking lot located in front of the base gym. This event will be held rain or shine, unless there is thunder & lightning the day of the race.
2. The event is open to all active and retired Coast Guard personnel, their dependents, DHS civilian employees and DHS/USCG contractors. Individuals or three-person teams may register for this event. The field will be limited to thirty-six individual slots and twelve team slots. Appropriate awards will be presented to the first three places in each category:
 - Individual Categories: 1) Women's Open, 2) Men 39 & Under, 3) Men 40 & Over
 - Team Categories: 1) Women's Team, 2) Men's Team, 3) Mixed Team
3. The early registration fee will be \$10.00 for individuals and \$15.00 for teams. Early registration applications and fees must be received by **Friday, 6 June 2008**. After 6 June, the registration fee will be \$15.00 for individuals and \$20.00 for teams. Participants may register on race day if space is still available. Race day registration begins at 0800.
4. Race registration forms are provided as enclosure (1). Liability release forms are provided as enclosure (2) for contractors, retirees and dependents only. Units may enter as many eligible personnel as desired. Submit all registration forms and liability release forms (as applicable), along with a check or money order made payable to USCG TRACEN MORALE FUND to: Commanding Officer (fmwr), US Coast Guard Training Center, 599 Tomales Road, Petaluma, CA 94952-5000, ATTN: Mr. Robert Sturla.
5. You may contact Mr. Robert Sturla at (707) 765-7348 for additional information.

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Enclosures: (1) Registration
(2) Liability Release Form
(3) Flyer for Local Advertising

Dist: All PACAREA Units

U. S. Coast Guard

TraCen Petaluma

Mini-Triathlon Registration

1/4 Mile Swim - 10 Mile Bike - 2 Mile Run

Saturday, June 14, 2008, 9:00am

Gymnasium Parking Lot

Open to all Active Duty Coast Guard, Dependents,
Retirees and DHS/NAFA Civilians

Pre-Entry Fee: \$10.00 Individual
\$15.00 Team

Must be received by Friday, 6 June 08

Entry Fee: \$15.00 Individual
\$20.00 Team

Registration, Race Day: 8:00am - 8:30am

Mandatory Pre-Race Meeting: 8:45am

Start/Finish: Gymnasium Court Yard

AWARDS: 1st-3rd Place in Each Category



<u>Team Categories</u>	<u>Individual Categories</u>
Women's Team	Women's Open
Men's Team	Men 39 & Under
Mixed Team	Men 40 & Older

For More Information Contact

Rob Sturla

707-765-7348

Registration:

Last Name First Name

Address/Unit

City State Zip

Phone Number Age

Mail To:

HELMETS ARE REQUIRED

___ Male

___ Female

___ Team

___ Individual

Make Checks To:
MWR Morale Fund

T-shirt Size

___ M

___ L

___ XL

T-shirts given to each participant

Commanding Officer (fmwr)
ATTN: Mr. Robert Sturla
US Coast Guard Training Center
599 Tomales Road
Petaluma, CA. 94952-5000

ENCLOSURE(1)

USCG GYMNASIUM ACTIVITIES WAIVER, RELEASE AND INDEMNIFICATION

PLEASE READ CAREFULLY!

BY SIGNING THIS DOCUMENT YOU ARE AGREEING TO WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE

THE UNDERSIGNED, and if under the age of 18 years, his or her parent or legal guardian, in consideration of participation in Coast Guard Gymnasium activities or facilities use:

1. **HEREBY RELEASES, WAIVES, AND COVENANTS NOT TO SUE** the United States, its members, employees, agents, representatives, and those governmental agencies affiliated with this activities, to include the U.S. Coast Guard (the Releases), FROM ALL LIABILITY to the undersigned, his/her personal representatives, assigns, heirs, and next of kin FOR ANY AND ALL LOSS OR DAMAGE, and any claim or demands on account of injury to the person or property or resulting death of the undersigned arising out of or related to the activities, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASES OR OTHERWISE, it being specifically understood that said activities or facilities use include risks associated with physical activities participation, including but not limited to, musculoskeletal injuries, heart attacks, strokes, loss of consciousness or drowning which could result in physical or emotional injury, paralysis, death or damage to persons or property. Initials _____

2. **HEREBY AGREES TO INDEMNIFY AND HOLD HARMLESS** the Releases FROM AND AGAINST ANY LOSS, LIABILITY, DAMAGE, OR COST THAT SUCH RELEASES MAY INCUR AS A RESULT OF SUCH CLAIM, including but not limited to attorneys' fees or other costs of litigation, whether caused by the releases, participant or otherwise. Initials _____

3. **HEREBY ACKNOWLEDGES THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH GYMNASIUM PROGRAMS PARTICIPATION AND FACILITIES USE** AND FREELY ACCEPTS AND FULLY ASSUMES ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM. The undersigned, also expressly acknowledges that injuries received may be compounded or increased by negligent rescue operations or procedures of the releases. Initials _____

4. **HEREBY CERTIFY** that I or my child is physically fit and of sound health to participate in the activity or facility use and that I assume the risk of aggravating any pre-existing medical or physical condition that I or my child may have and I voluntarily elect to participate in the activity or facility use, including but not limited to, all swimming activities. Initials _____

5. **HEREBY agrees** that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Releases, including negligent rescue operations, and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Activities are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. It is further understood that this agreement may be used as evidence of my intent to release and waive liability in a court of law. Initials _____

6. **HEREBY acknowledges** that I have read this release and waiver of liability, assumption of risk and indemnity agreement and fully understand its terms. I understand that I AGREE TO GIVE UP SUBSTANTIAL RIGHTS BY SIGNING it. I understand this means that I AGREE TO NOT SUE ANYONE if I or my child are injured, killed or sustain property damage, EVEN IF SUCH INJURY, DEATH, OR PROPERTY DAMAGE IS CAUSED BY SOMEONE'S NEGLIGENCE and I HAVE SIGNED FREELY AND VOLUNTARILY without any inducement, assurance or guarantee being made to me and I INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY. Initials _____

Signature: _____ Date: _____

Print Name and phone no. _____

If signing for minor, Print Minor's Name _____

ENCLOSURE(2)



**5th ANNUAL
MINI-TRIATHLON**

($\frac{1}{4}$ Mile Swim / 10 Mile Bike / 2 Mile Run)

**SATURDAY, 14 JUNE 08
TRACEN PETALUMA**

**0845 – Pre-Race Meeting
0900 – Race Starts**

Awards: 1st – 3rd Place

Team Categories

**Women's Team
Men's Team
Mixed Team**

Individual Categories

**Women's Open
Men 39 & Under
Men 40 & Older**

**Contact: Mr. Robert Sturla
707-765-7348**

e-mail: Robert.L.Sturla@uscg.mil

ENCLOSURE(3)